

7 white-hot mat workouts you've got to try

Who needs a high-tech Megaformer or Fitwall when you've got arms, legs, and a mat?

While forward-thinking workout machines are more popular than ever, a back-to-basics (but better) movement is also taking place, with workouts that require nothing more than a rectangle of (cushioned) space and an amazing fitness instructor.

We'd identified seven such innovative workouts coast to coast. Each one is totally unique, but they all get in cardio, toning, and usually spirituality, with some combination of yoga poses, heart-rate-jacking jumping or dance, and old-school moves like planks and push-ups. All sans props.

And the benefits to simplicity may be deeper than you'd imagine. "What I've found is that it allows me to access more of the mind-body connection being just with my own body," says Taryn Toomey, creator of *The Class* in New York City. "It's just you and your body creating this burn and this fire that could completely transform you." (She's got a point: I found it hard to escape my exhaustion and at times kinda longed for the "distraction" of a kettlebell.)

Also, it's portable. "No matter where you are, you have all you need to work every part of your body," Toomey says. No weights, bands, or balls required. Here are seven of-the-moment mat workouts (in alphabetical order) to try now. —*Lisa Elaine Held*



Heidi Kristoffer, creator and instructor of CrossFlowX (Photo: The Movement)

CrossFlowX at The Movement

Created by Strala Yoga star Heidi Kristoffer, this brand-new class at brand-new New York studio *The Movement* is like your yoga flow drank five Red Bulls (or a more natural equivalent, obviously). With the music blasting, you'll flow through sun salutations that come with strength-building poses like handstands and jacked-up planks, and segues for (a lot of) plyometric jumps. Not to mention Kundalini-inspired muscle-burning repetitions, like 108 fast squats with arms outstretched—to Bastille, of course. The best part: In spite of your sweat-drenched self, Kristoffer's bubbly happiness *will* rub off on you before class ends.

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